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Table of Contents

RCVS News	2
Rushcliffe CVS – still at the Civic Centre	2
Volunteering	3
Volunteers Week 2017: You make the difference.....	3
Volunteer Opportunities.....	3
Whatton Prison Visitor Centre	3
Healthwatch Nottinghamshire - Community Questioners	4
My Sight Sighted Guides	4
Funding	4
Comic Relief Launches Try for Change: Small Grants Fund	4
Second 2017 Deadline for HLF Parks for People Grants	5
Sport England - New Funding for the Core Market.....	6
Sport England - New Funding to Tackle Inactivity and Economic Disadvantage....	7
The Yapp Charitable Trust.....	8

Savers Support Fund Launches for England	9
Greggs Foundation's Local Community Projects Fund Invites GB Applications	9
Greggs Foundation Environmental Grants	10
Veolia Environmental Trust Open to Applications.....	10
Community Radio Fund 2017/18 to Open for UK Applications in April	11
Health.....	12
World Autism Awareness Week Day of Learning Monday 27 March.....	12
Reactiv8 Project – for those with a newly acquired disability	13
Alzheimer’s Society’s FREE Carer Information and Support - Bingham.....	13
News & Events	14
Click Homeshare	14
The Great Get Together	14
This Girl Can Swim sessions	15
Training and Resources	15
Free carbon monoxide awareness training.....	15
Training from Equation	16
Regular Information.....	16
How Rushcliffe CVS can support your group.....	16
How Rushcliffe CVS can support individuals	17
Rushcliffe Volunteer Centre & Drop-in Sessions in West Bridgford	17

RCVS News

Rushcliffe CVS – still at the Civic Centre

As most readers will know, Rushcliffe Borough Council staff have now all moved over to the refurbished Rushcliffe Arena building on Rugby Road, West Bridgford, and the Civic Centre has been sold. Plans are expected to be submitted by the new owners, Monk Estates and Harpin Limited for a major redevelopment of the building which includes the Civic Centre, the car park and the parade of shops.

Rushcliffe CVS staff remain in situ for the immediate future and when we have confirmed any arrangements for a potential move, we will inform our stakeholders, members and contacts through our usual communication channels.

[Back to contents page](#)

Volunteering

Volunteers Week 2017: You make the difference

NCVO will be providing all the information, guidance and resources you need to start planning and make your Volunteers' Week a success.

They are preparing a resource pack full of ideas and tips for making the most of the week, to be launched in March.

Keep up to date with plans and hear first when their resource pack is available by signing up to their Volunteers' Week mailing list. You can also keep up to date in the monthly volunteering round-up on the NCVO blog.

For more information go to: <http://volunteersweek.org/>

[Back to contents page](#)

Volunteer Opportunities

Whatton Prison Visitor Centre

Rushcliffe CVS manages and runs the Visitors Centre at HMP Whatton on behalf of the Prison Service. The centre is designed to provide a welcoming place for friends and families of prisoners to spend time and relax before and after their visit. The centre provides a safe, pleasant environment where all visitors are treated with dignity and respect, provided with the facilities they need and offered information, support and the opportunity to discuss in confidence any difficulties they may face.

The volunteer role is to provide a meet and greet service, complete the booking in process and provide support and assistance to visitors. Volunteers must enjoy meeting people, be non-judgemental, sensitive, caring and discreet.

It is envisaged that volunteers are available on a rota basis, to help out at the busiest time of day which is currently between 12.30pm - 2.30pm. The Centre is open Thursday to Monday.

For further information about the Visitor Centre telephone 01949 803564

Volunteer for Barnardo's with Children's Activity Support

Opportunities are available across South Nottinghamshire for group helpers and one-to-one play volunteers.

The volunteers will support staff in the provision of activities and learning opportunities for children and young people. The Butterfly Project is a service designed to support the needs

of a child or young person with a life limiting condition. It also helps support the wider family members, in particular by providing emotional support to parents and siblings.

For either role, please contact Lorraine Rhodes, Volunteer Co-ordinator on 0115 957 5300 or Lorraine.rhodes@barnardos.org.uk

For more information see our webpage - <https://tinyurl.com/hhaax5k>

Healthwatch Nottinghamshire - Community Questioners

Do you have a couple of hours to spare during April or May? Are you good at talking to people? Are you friendly and approachable? Like being outside? Love a clipboard?

This is a one off opportunity that involves asking members of the public in your local area a few questions about our organisation. It is a simple survey that anyone can answer. We are looking for volunteers to go into their local area and ask up to 20 people to take the survey. It can be done in the market place, or community centre, at the park or outside the local shops. Wherever there are people and wherever is convenient to you, within Nottinghamshire.

For more information contact Deb Morton, tel 0115 9635179, email deborah.morton@healthwatchnottinghamshire.co.uk

My Sight Sighted Guides

My Sight Nottinghamshire are currently looking for friendly and committed volunteers to join their My Guide and Befriending team. The role involves assisting blind and visually impaired people to get out and about in the community and access local facilities and services, to help tackle the isolation all too many visually impaired people in our area experience.

For more information contact Nic or Martha on 0115 970 6806 or visit the website www.mysightnotts.org.uk

[Back to contents page](#)

Funding

Comic Relief Launches Try for Change: Small Grants Fund

Comic Relief and England Rugby have launched their first funding initiative through the Try for Change Fund: Small Grants Fund.

The fund is open to smaller charities, community groups and local community rugby clubs in England. Grants of between £2,500 and £10,000 are available for one year of activity, and the work must take place in England.

The funding is to deliver projects which use rugby union to achieve social change and work towards at least one of the following outcomes:

- Increase community cohesion
- Improve educational attainment.
- Increase employability.
- Reduce involvement in gangs and reduce the risk of re-offending.
- Improve mental and physical health.
- Increase social integration.

To be eligible, applicants must:

- Show how they currently use or intend to use the game of rugby to achieve social change and improve their local community.
- Show how they will use the rugby community and the club as a way to engage and tackle wider social challenges.
- Use rugby's core values of teamwork, respect, enjoyment, discipline and sportsmanship in their work and develop rugby coaching and knowledge.
- Have an understanding of and apply the principles of Age Grade Rugby including Old Mutual Wealth Kids First if they are working with young people aged between seven and 18.
- Deliver sessions led by or show intent to train a UKCC Level two Rugby Coach or equivalent.
- Be based within the local community in which they are working.
- Have a maximum annual turnover of £500,000.

Priority will be given to projects which target the most vulnerable and marginalised groups, for example, young people who are NEET (Not in Education, Employment, or Training), local refugees, or young offenders.

The deadline for applications is 31 March 2017 (12 noon).

The Link is: <http://www.comicrelief.com/grants/initiatives/try-for-change>

Second 2017 Deadline for HLF Parks for People Grants

Not-for-profit organisations in the UK have until **1 September 2017** to apply for a Heritage Lottery Fund (HLF) grant to revitalise an historic public park or cemetery.

The Heritage Lottery Fund's (HLF) Parks for People funding helps to conserve the heritage that makes both historic parks and cemeteries special, and it gives local people a say in how they are managed in the future. Projects improve people's wellbeing and knowledge of their area, and make communities better places to live, work and visit.

Applicants need to show that the local community values the park or cemetery as part of their heritage, and that they are already actively involved in its management. Not-for-profit organisations and partnerships led by not-for-profit organisations can apply including local authorities, charities, trusts, community interest companies, social enterprises, parish councils, voluntary organisations and community groups.

Grants of between £100,000 and £5 million are available to support the following:

- Landscape design layout.
- Surviving or lost historic features or buildings.
- Natural heritage including priority habitats and species.
- Archaeological sites, earthworks or features from an earlier phase of design.
- Collections of plants, trees, objects or documents.
- Cultural traditions such as stories, festivals, fairs and crafts.
- People's memories and experiences of the park or cemetery.
- The history associated with individual features such as memorials or veteran trees.

There is a two-round application process. Applications can be made at an early stage of planning in order to get a good idea of whether the project will receive funding. The second round application will require greater detail and must be received up to 26 months after the first round decision.

The 2017 deadlines for first-round applications are 1 March 2017 (12pm) and 1 September 2017 (12pm).

The link is: <https://www.hlf.org.uk/looking-funding/our-grant-programmes/parks-people>

Sport England - New Funding for the Core Market

<https://www.sportengland.org/our-work/core-market/funding-for-the-core-market/>

Sport England has announced that it will accept applications to its new Funding for the Core Market grant scheme between 24 March 2017 **and 8 May 2017**.

Sport England will be accepting applications from a range of organisations for projects which aim to reach those people within the core market (those who already build physical activity

into their daily lives) who are outside the reach of sport's national governing bodies. Sport England expects to make individual awards of between £50,000 and £500,000. In exceptional circumstances, investments of up to £1 million may be made.

The new fund aims to:

- Keep people active when life changes. Disruptions are unavoidable but what is important is that, when circumstances change, people are supported to find the next activity that meets their new needs. This may mean that an organisation that regularly supports people through major changes (eg GPs or student unions) can build this support into their service or advice, or that those providing the activity are able to meet the changing needs of the individual.
- Help support the people who drop out more than others. Women, people with a limiting disability, those less well-off and people aged 55+ are the most likely to stop exercising regularly when life changes. Sport England wants to work with partners to better understand what can be done to help these individuals to stay active.

Sport England is looking to work with a range of providers who can help people stay active when their lives change, not just sports bodies and activity providers. Examples of eligible applicants include:

- Health professionals supporting those with an injury or illness to find activity that fits their current situation.
- Colleges and universities supporting those starting a new phase of education.
- Estate agents supporting those moving house to find new activities in their local area.

Applications for core market funding are expected to open on 24 March 2017 and close on 8 May 2017.

Sport England - New Funding to Tackle Inactivity and Economic Disadvantage

The Link is: <https://tinyurl.com/hp3wtx5>

Sport England has announced that it will be opening its £3 million Tackling Inactivity and Economic Disadvantage fund in April 2017.

From April 2017 Sport England will be accepting applications for the second round of its inactivity fund. The £3 million Tackling Inactivity and Economic Disadvantage fund will be available for projects which use sport and physical activity to improve lives and communities.

Please note that Sport England wish to work with community organisations who have a proven reach into the communities and with the individuals they are targeting. This means that Sport England is expecting applications from a wide range of organisations, including non-sports organisations that may not have worked with Sport England before.

Research has shown that 32% of people in semi-routine and routine occupations, such as shop assistants and waitresses, are inactive. That compares to 17% of people in managerial and professional occupations. The Tackling Inactivity and Economic Disadvantage fund will support inactive people who have little income and are therefore economically disadvantaged. This group make up a third of the population in England aged 16 to 74 (14.6 million people).

Two pots of funding will be available:

Pot One – A £2 million fund which will support larger projects with funding of up to £500,000. This funding will be given to projects which target those who have little disposable income. Beneficiaries will likely live very ordered lives but find it hard to find time for physical activity or feel that being active is just not for them.

Pot Two – A £1 million fund for projects seeking funding of between £10,000 and £100,000. This funding will focus on those who are far less likely to have a steady income, or any income at all, living more chaotic lives with additional challenges. For example, they may have an offending background, be dealing with alcohol or drug misuse, or facing mental health issues.

Sport England says it knows that sport and physical activity can be extremely powerful in supporting positive social change for communities and individuals, that could mean using sport to improve someone's mental wellbeing, help drive down crime rates in an area, or reduce social isolation in rural communities.

Applications are expected to open in mid-April 2017.

The Yapp Charitable Trust

The Yapp Charitable Trust makes grants for running costs of up to £3000 a year for up to 3 years to small registered charities to sustain their existing work with:

- Elderly people
- Children and young people aged 5 – 25
- People with disabilities or mental health problems
- Moral welfare – people trying to overcome life-limiting problems of a social, rather than medical, origin (such as addiction, relationship difficulties, abuse, offending)

- Education and learning (with a particular interest in people who are educationally disadvantaged, whether adults or children)

Please go to the website for further information <http://yappcharitabletrust.org.uk/>

Savers Support Fund Launches for England

The Office for Civil Society and Nesta, working in partnership, are offering £1 million in funding to scale proven social action models that will assist individuals and families to better manage money and reduce debt. All projects must work with a majority of families who are just about managing, and/or young people aged 14-25 years.

The fund will provide four to six grants of between £150,000 and £250,000 (and will include significant non-financial support) to help grow the impact and reach of the best innovations, based in England.

The funding is for innovative ventures and programmes that:

- Have good existing evidence of impact in helping people balance their budgets and reduce debt.
- Are clear about their beneficiary groups - either young people aged 14-25 and /or families who are 'just about managing'.
- Have ambitious scaling targets for the number of hours given by volunteers. Scaling can be achieved through organic growth, replication, partnership or licensing.
- Demonstrate capacity to deliver in the timeline of the fund (July 2017 to December 2018).
- Include match funding (including in-kind) of at least 33%.
- Have already made connections or a pipeline of leads in the new areas in which they wish to scale (for example with new local authorities, schools or community groups).
- Have a clear plan for scale and sustainability beyond the lifetime of the fund.

The Fund is able to support public services, charities, social enterprises or partnerships led by these organisations.

There is a two stage application process.

The deadline for expressions of interest is 29 March 2017 (midday).

The Link Is: <http://www.nesta.org.uk/project/savers-support-fund>

Greggs Foundation's Local Community Projects Fund Invites GB Applications

The Local Community Projects Fund helps not-for-profit organisations based in local communities to deliver projects or provide equipment to people in need at the heart of local communities in England, Scotland and Wales. Preference is likely to be given to local organisations based near a Greggs shop.

Grants of up to £2,000 are available for projects or for providing equipment for ‘a community of interest’.

The deadline for the current round is 24 June 2017

The link is <https://www.greggsfoundation.org.uk/grants/local-community-projects-fund>

Greggs Foundation Environmental Grants

The Greggs Foundation’s Environmental Grants scheme has opened the second of two application rounds to applications from not-for-profit organisations and schools in Great Britain.

Using money from the 5p levy on carrier bag sales in Greggs shops, the Greggs Foundation set up the Environmental Grants scheme which aims to improve people’s lives by improving the environment. The programme is administered by seven charity committees throughout England, Scotland and Wales. Organisations may only apply once per calendar year for this funding.

Grants of up to £2,000 are available for projects that deliver a real benefit to the environment.

Not-for-profit organisations with a turnover of £300,000 or less as well as schools in England, Scotland and Wales can apply. Organisations that are based near Greggs shops will be given priority.

The deadline for Round 2 applications is 24 June 2017.

The link is: <https://www.greggsfoundation.org.uk/environmental-grant>

Veolia Environmental Trust Open to Applications

Not-for-profit organisations with environmental or community-based projects in England and Wales are invited to apply for funding in 2017.

Grants of up to £75,000 are available for projects located within the proximity of a qualifying Veolia site in England or Wales. Match funding of at least 20% is required, and applicants requesting grants of £40,000 or more require a Third Party Contribution.

The funding is available for capital improvement projects at a single site with discrete start and end dates.

Projects should fall under one of the following categories:

- **Community buildings and rooms**, including community centres, village halls, community spaces within religious buildings, and Scout or Girlguiding buildings.
- **Outdoor Spaces**, including public parks, nature reserves, community gardens, footpaths, bridleways and cycle-paths.

- **Play and recreation**, including play areas, skateparks, Multi Use Games Areas (MUGAs), sports grounds, pavilions and changing rooms.
- **Supporting Biodiversity**, including the species related element of a BAP (national or local), the habitat related element of a BAP or HAP (national or local), and reintroduction programmes to a specific habitat.

Constituted not-for-profit organisations can apply as long as their project is located within five miles of a Veolia Environmental Services facility. This could be a landfill site or a civic amenity site, or a transfer station or depot - as long as it is operated by Veolia.

There is a three stage application process:

- **Know:** This information will help groups check if their project meets the criteria and if the funding timetable is right for them.
- **Prepare:** This information will help applicants develop the best possible project.
- **Apply:** Once applicants are certain that their project meets the criteria, they can start applying for funding by completing the 'Eligibility Checker'. They will need to confirm that their project meets the key criteria. If it does, they will be able to progress to the Stage 1 of the application form.

The next deadline for stage one applications is 12 noon on 25 May 2017.

The Link is: <http://www.veoliatrust.org/funding/>

Community Radio Fund 2017/18 to Open for UK Applications in April

The Community Radio Fund will accept applications from not-for-profit community radio stations that have a social purpose starting from 12 April 2017.

The Community Radio Fund, managed by Ofcom with funding from the Department for Culture, Media and Sport, offers two funding rounds each year. The first funding round for 2017/18 will open on 12 April 2017 to radio stations that are not-for-profit, run by local people for local people about local issues.

Each funding round will make approximately £200,000 available in grants. There is no set level of funding. Grants will be made as a single lump sum and are to cover a one-year period only.

The funding is intended for community radio licensees broadcasting under a community radio licence in the UK to cover costs including:

- Fundraising to support the station.
- Management.
- Administration.
- Financial management and reporting.
- Community outreach.

- Volunteer organisation and support.

Priority will be given to licensees that have not been awarded a grant in previous funding rounds and to newly-licensed stations.

The Awarding Panel considers promoting long-term sustainability a critical, core activity and thus priority will be given to applications that focus on posts that promote long-term financial security and may become self-sustaining.

Round 1 will accept applications from 12 April 2017 to 10 May 2017 (5pm).

The Link is: <https://www.ofcom.org.uk/tv-radio-and-on-demand/information-for-industry/radio-broadcasters/community-radio-fund>

[Back to contents page](#)

Health

World Autism Awareness Week Day of Learning Monday 27 March

Nottingham City Council is hosting a day of learning at Loxley House on Monday 27 March 2017 to launch World Autism Awareness Week. Local autism groups are leading three sessions in the day. You're welcome to attend all of the sessions or just one.

- **10:00-12:00: What is Autism?** Learn about the key features of autism and some alternative theories. Consider how you can more effectively include and accommodate autistic people in your setting as part of your legal obligations. *Course providers: InSight Autism Awareness - Trevor Wright and Nikki Stevenson.*
- **12:30-13:45: Experts by Experience.** Learn through having informal conversations with local autistic people about their experiences of living with autism. *Led by The Autism Strategy Group.*
- **14:00-16:00: Autism and employment.** What challenges do employers and autistic people face in the workplace? Learn how workplaces can be adapted to meet the needs of autistic people? *Led by Autism East Midlands and Arran Linton Smith (Co-Chair of The National Autistic Society Nottinghamshire) on personal experiences of employment as an autistic person.*

To book a place on each session please go to <https://tinyurl.com/h9oofca> to complete the online booking form and then you will be allocated a place and provided with the room number. Please call Andrew Towing on 0115 8764366 or Julie Carlin on 0115 8764091 if you are experiencing problems accessing the online booking form.

Reactiv8 Project – for those with a newly acquired disability

Parkwood Community Leisure are proud to announce the launch of the Reactiv8 Project in Rushcliffe. In partnership with Nottinghamshire County Council and Rushcliffe Borough Council.

The Reactiv8 project is a new sport and physical activity programme for people aged 16+ with a newly acquired disability. Participants referred onto the programme are able to access weekly multi sports and gym sessions at a reduced rate for a period of 10 weeks with support from an appropriately qualified activity leader. All sessions will cost £4 per session.

The Reactiv8 Project is now available in Rushcliffe at:

- Cotgrave Leisure Centre - 0115 989 2916
- Rushcliffe Arena - 0115 981 4027
- Keyworth Leisure Centre - 0115 937 5582
- Bingham Leisure Centre - 01949 838 628

Sport and physical activity can provide a number of physical and social benefits to participants including:

- Improved fitness levels
- Helps to manage weight
- Builds muscle strength
- Reduces stress and depression
- Improves confidence and self esteem
- Opportunity to socialise and meet other people
- Find out about other local opportunities that may be beneficial to you

Individuals can be referred by a medical professional, carer or by self-referral by completing and returning the Reactiv8 referral form, available from the Sport Nottinghamshire website - <http://nottingham.sportsuite.co.uk/forms/view/210> .

Alzheimer's Society's FREE Carer Information and Support - Bingham

The Alzheimer's Society Carer Information and Support Programme will be running in Bingham from April. The Programme is a series of workshops for people caring for a family member or friend with dementia. The workshops aim to provide carers with information and support and cover topics such as:

- What is dementia?
- How you can support and care for someone with dementia

- The support services that are available
- Planning for the future

The workshops will take place in Bingham from 18th April from 10.30am to 1pm and will then take place every Tuesday at the same time until 16th May inclusive. The venue will be Bingham Methodist Church, Union Street, Bingham.

Booking is essential - further details can be obtained by telephoning 01909 730886 or by emailing bassetlaw@alzheimers.org.uk

[Back to contents page](#)

News & Events

Click Homeshare

Click Homeshare is an exciting new service which connects older and younger people. Homeshare matches older people who have a spare bedroom with younger students or professionals looking for affordable accommodation. In return for a room, the 'Sharer' offers practical help around the house (up to ten hours a week). This can include housework, shopping and preparing meals. Homesharing provides the support for people to remain living independently in their home. Homesharing also offers regular companionship and the security of having a trusted person in the home overnight.

Click Homeshare has a thorough application process that includes reference checks, so you can have confidence in a successful match. Householders and Sharers are carefully matched to offer both individuals what they need. There is a monthly fee and Click Nottingham stays in regular contact with Householders and Homesharers.

We are actively seeking Householders aged 60+ who would consider sharing their home in return for some practical help. For more information please visit our website at www.clickhomeshare.com or call Homeshare Coordinator, Megan McFarlane on 0115 978 97846.

The Great Get Together

17-18 June, Everywhere!

This summer, be part of the biggest street party since the Jubilee - 'The Great Get Together'! The Great Get Together is inspired by Jo Cox, who was killed on 16 June last year. Jo's killing was meant to divide us and the best response is to show how united we are. There is a groundswell of people who reject divisive politics and simply want to bring our communities

together and celebrate all that unites us. This is our chance. Everyone is invited to get together with their neighbours to share food and celebrate all that we hold in common. It could be a street party or a shared barbecue, a picnic or a bake off. What matters is that we all have fun and bring communities closer together. Go to the website and sign up or find your local event.

For more information go to: www.greatgettogether.org

This Girl Can Swim sessions

Did you know Nottingham City Council has a programme of dedicated female only swimming sessions taking place in all 7 city pools?

With female pool helpers to help you develop your swim technique, female lifeguards, music playing during the session, hooks on poolside for robes and gowns and access to the health suite, which include steam rooms and saunas (where available), these sessions are a must for women and girls!

For more information about where This Girl Can Swim sessions are, visit

www.nottsgirlscan.co.uk/whats-new

[Back to contents page](#)

Training and Resources

Free carbon monoxide awareness training

The Gas Safe Charity is delivering a further 20 free half day 'ThinkCO' workshops around the UK over the next few months. They are aimed at any organisation that delivers a service in the homes of vulnerable people.

Feedback has been very positive from staff and volunteers linked to home care agencies, housing associations, handyperson projects, social work, nursing, home improvement agencies, befriending and visiting schemes. In addition, there has been interest from health professionals due to the association with increased risk of falls and dementia.

The focus has been on encouraging organisations to recognise the signs and risks of potential low level carbon monoxide poisoning and take appropriate actions. They are addressing their duty of care responsibilities to staff/volunteers, as well as the vulnerable person. Each organisation will receive a free pack of materials and a carbon monoxide detector.

Please visit the website <http://www.gassafecharity.org.uk/our-programmes/think-co/> to download details of the dates, locations and a booking form.

Training from Equation

Equation is a charity that promotes equal, healthy relationships free from domestic abuse.

Working in partnership, Equation empowers our whole community to challenge this abuse through healthy relationships education, awareness campaigns, professional training and promoting safety.

Equation run training courses (many FREE for City and County workers) for anyone who wants to develop skills in responding to domestic abuse in their working life, including frontline professionals, community workers and volunteers.

Please go to the training section of their website for details - <https://tinyurl.com/hlmg54q>

[Back to contents page](#)

Regular Information

How Rushcliffe CVS can support your group

As well as providing you with regular news, we offer the following services to voluntary and community groups:

Group Support: Advice, guidance and support, setting up a group

Volunteers: Supporting volunteers, good practice in volunteer management, recruitment

Funding Advice, Training, Networking events, Information

Admin Services including photocopying, laminating, targeted email shots to organisations on our community database and Equipment Hire

Meeting Room in West Bridgford – accommodates up to 15 for £8/hour or £25/half day.

For more details of our services, visit our website page [here](#). Alternatively, call **0115 969 9060** or email admin@rushcliffecvs.org.uk

How Rushcliffe CVS can support individuals

[Voluntary Transport Scheme](#) – helping people get out and about

[Rushcliffe Befriends](#) – reducing loneliness and isolation of older people

[Health Development Work](#) – helping people have their say on health services

[Whatton Visitor Centre](#) – improving the experience of visitors to Whatton prison

[Take A Breather Respiratory Group](#) – a social and support group for those with COPD in the Arnold area

For more details, click on the individual project links or visit our website www.rushcliffecvs.org.uk or telephone 0115 969 9060.

Rushcliffe Volunteer Centre & Drop-in Sessions in West Bridgford

Are you an organisation looking for volunteers?

We can help you find volunteers by including your opportunity on our database which is linked to the national volunteering website Do-it. We can highlight your opportunity in our newsletter, on our notice board in West Bridgford and on our website on the [volunteering webpage](#). Click on [Find Volunteers](#).

For potential volunteers

On the first Tuesday afternoon of each month, Rushcliffe Volunteer Centre holds a drop in session from 1 - 4pm at West Bridgford Library. Come along and have an informal chat and find out about local volunteering opportunities.

The Volunteer Centre holds a database of diverse volunteering opportunities – there's something for everyone. Find out more by visiting the [Be a Volunteer](#) page on our website. For any queries, please contact Helen Stanbridge, the Volunteer Development Co-ordinator on 0115 969 9060 Ext 122 or hstanbridge@rushcliffecvs.org.uk

[Back to contents page](#)

Please note: The information contained in this document is given in good faith and has been checked as far as possible. Rushcliffe CVS accepts no liability for any act, omission, loss or damage arising from any inaccuracies or incompleteness in such information. The information published in this newsletter does not necessarily reflect the views of RCVS. RCVS is committed to equality of opportunity in all that it does.

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